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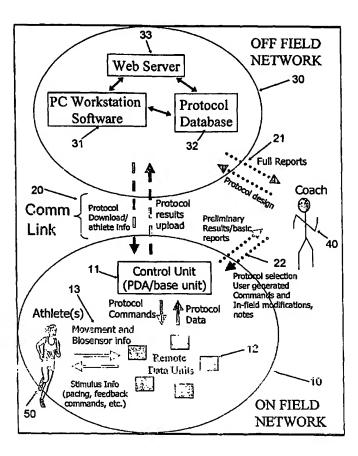
- (71) Applicant (for all designated States except US): FUSION SPORT INTERNATIONAL PTY LTD [AU/AU]; Level 1, 80 Jephson Street, Toowong, Queensland 4066 (AU).
- (72) Inventors; and
- (75) Inventors/Applicants (for US only): DEUTSCH,

Markus [AU/AU]; Level 1, 80 Jephson Street, Toowong, Queensland 4066 (AU). MOORE, Douglas, Joseph, Huntington [AU/AU]; 24 Station Street, Wellington Point, Queensland 4160 (AU).

- (74) Agent: PIZZEYS PATENT AND TRADE MARK ATTORNEYS; Level 14, 324 Queen Street, Brisbane, Queensland 4000 (AU).
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(54) Title: SPORTS TRAINING AND TESTING METHODS, APPARATUS AND SYSTEM



(57) Abstract: A sports training and testing apparatus for at least one athlete (50), said apparatus including a control unit (11) adapted to implement a predetermined protocol; a plurality of remote units (12) for providing a series of stimuli for said at least one athlete in accordance with the protocol; at least one sensor (14) for providing to said control unit feedback information associated with said at least one athlete's response to the stimuli; and a communications network (10) providing communications between the control unit and the plurality of remote units including said at least one sensor (14).

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